



Consejo del chef

Fill the pavlovas with the red berries to taste and some strawberry syrup.

Raciones para

3 Egg whites

180 gr Sugar

2 Tablespoons of lemon juice

Strawberries

Raspberries

Strawberry syrup

- 1 Put the white eggs together in a large bowl with sugar and heat at Baine-Marie. Stir constantly until the sugar dissolves. Whisk with an electric mixer until stiff peaks.
- 2 When the meringue is almost ready, add the lemon juice, and whisk again until glossy and firm.
- 3 Place the meringue in a piping bag with a star-shaped tip and pipe the pavlovas on an oven tray lined with parchment paper. Make a small hole in the centre to fill it later.
- 4 Preheat the oven and bake at 100 °C for one hour with top and bottom heat without air. Place the oven tray in the middle to avoid burning the top.
- 5 Check if the meringue is dry and let it cool before decorating the top.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/pavlova-sirope-fresas/>

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